

## Package Contents:

- Spinach or Mixed Greens
- 1 lb grassfed ground beef
- 1 lb assorted sausages (link)
- 1/2lb organic leaf lettuce
- 1 lb bacon
- 1 dz eggs
- 1 bunch ramps (wild onions)
- 8 oz aged cheddar cheese
- 1 quart farmstead yogurt
- Quarter peck fuji apples
- 1 lb whole wheat linguini



Ramps grow from the forest floor in areas of water runoff. They like dark, well drained soil and shade. A proper “ramp hoe” will make harvesting easier. You need to get under the roots to get them out effectively.

## Ramps

I had my first taste of ramps in Cleveland WV in 2006. My alternator had died on my car my way to a remote campground. There wasn't a place to pull over and find parts. I was just hoping to get there and fix it myself.

My car stopped a half mile from the campground entrance in what I would later find to be Cleveland WV (funny since I left Cleveland OH earlier that day). There were three homes within walking distance. One looked like a hunting cabin up on the hill. The other was picture-perfect rural Appalachia with a car on bricks in the front yard and half of the house on the front porch. The third was a quaint white cottage in the middle of the greenest field I ever saw with small stream running through the front yard and a white picket fence. In my mind, it just was out of place.

So I went to the picture-perfect Appalachian estate – the car in the front yard, furniture on the porch, etc – and no one was home. I decided that the hunting cabin was a bad idea. So I went to the quaint white cottage.

I made the right choice. They had a phone, they were kind and helpful, and they knew the community. After getting a new alternator, they suggested that my camping group attend the “Hacker Valley Ramp Festival” the next day. I was grateful for their help, so we attended.

I had no idea what ramps even were. The old couple explained that they were wild onions that are harvested in the spring. Rural communities in Appalachia harvest them and prepare ramp dinners as fundraisers. The ramp dinner I went to benefited Webster County's only school.

Everyone in the county must have been there. The dinner was \$10 per person, and you received a lot of food. The “mess of ramps” was boiled ramps finished off in bacon grease and bacon bits with some vinegar in a skillet. There was a pickled egg, potato salad, thick cut bacon slices, and cornbread.

If anyone is interested in visiting one of these ramp festivals (which I highly recommend), please visit [www.kingofstink.com](http://www.kingofstink.com). You'll find a listing of festivals, recipes, and more. The Richwood WV festival is the largest, has the most entertainment, and is THIS WEEKEND.

Also, ramps tend to be a hate it or love it food, so I didn't give you many. Next pickup I'll make more available a la carte for those who like them.

## Fried Ramps

You'll need all of your ramps, about 2 strips of bacon, and a ½ teaspoon of salt. Wash the ramps and remove the roots. Remove any dead leaves.

Cut the bacon into tiny strips. Fry the bacon until crispy, drain some of the grease if there is too much. Add the ramps (whole or chopped up) and cook covered on medium low heat for 3 to 5 minutes. Uncover, turn up heat, and toss them a few times (about a minute or two). Throw in a pinch of salt and serve.

## Ramp Cornbread

Ingredients:

- 2 cups all purpose flour
- 1.5 cups corn meal
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 tsp salt
- 5 eggs
- 2 cups milk

- ½ lb pan fried sausage (keep grease), sausage need not be fully cooked
- 1 cup chopped ramps (or more to your liking)

Mix together the try ingredients. Beat the eggs and milk together. Add the sasusage and grease. Add the remaining ingredients and mix thoroughly. Bake in 10 inch oven proof pan (cast iron preferred) for 40 minutes at 400 degrees.

## Ramp Meatloaf

Ingredients: 1.5 to 2 lbs ground beef, 1 cup tomato juice, 2/3 cup uncooked oats, 1 egg (beaten), ½ cup choped ramps (more if you like), ½ cup chopped onion, and 1.5 tsp salt

Mix all the ingredients together, form a meatloaf, and bake at 350 degrees for about an hour or until meat is fully cooked (170 degrees).

## Other Ramp Ideas

**Burgers** – serve sauted ramps on top of a hamburger

**Mac and Cheese** – bake ramps in with your mac and cheese

**Eat Raw:** not suggested at work prior to meeting

**Stuff inside chicken breast:** Stuff a chicken breast with ramps or ramps and mashed potatoes before baking. Use your imagination here...the idea is that you are adding the unique ramp/onion/garlic/leek flavor to your meal!

## Summer CSA Deadlines

Haven't signed up yet for the summer CSA? Please do so soon. Many of the stops are reaching capacity.

Also, if you have friends in our new locations (Solon, Strongsville, Lakewood, and Cleveland Heights), please encourage them to sign up.

To signup, simply call, write, or go online:

Call: 800-861-8682. If I don't answer, leave your name, what size package, and pickup location.

Email: [trevor@freshforkmarke.com](mailto:trevor@freshforkmarke.com)

Web: [www.myfreshfork.com](http://www.myfreshfork.com)